



Raghu Kiran Appasani, MD

Integrative/Addiction Psychiatrist & Entrepreneur
Diplomate of the American Board of Psychiatry & Neurology (2022)

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EDUCATION

University of California San Francisco, San Francisco, CA July 2022 – June 2023
Addiction Psychiatry Fellowship

LAC+USC Medical Center/University of Southern California, Los Angeles, CA. June 2018 – June 2022
Psychiatry Residency Training Program
Chief Resident, Integrated Care Services; Della Martin Foundation Research Resident
Resident Research Award, PER Foundation SCPS Excellence in Psychiatric Education Award, APA MindGames (2021,2022)
Therapy: CBT, ERP, DBT, Psychodynamic, ISTDP, ACT, Inter-analytic couples

University of Massachusetts Medical School, Worcester, MA August 2014 – June 2018
Medical Degree (MD); Gold Humanism Honor Society, Global Health Pathway
Leonard Tow Humanism in Medicine Award, Mick Godkin Scholarship, Global Health Travel Grant
Electives: Caring for the Seriously Ill, Substance Abuse, Global Health Elective, PREP (Promoting Resilience & Empathetic Physicians)

Wesleyan University, Middletown, CT August 2008 – June 2012
Bachelor of Arts (BA) in Neuroscience & Behavior/Science in Society

Multidisciplinary Association for Psychedelic Sciences September 2021 – December 2021
MDMA Psychotherapy Training, Health Equity Scholar

LICENSES/CERTIFICATIONS

California Medical License A164516 (2019 -) New York Medical License 312054 (2021 -)
CA DEA/X-Waiver FA0595566 NY DEA/X-Waiver FA1222138

Clinical TMS Society PULSES (01/2022) Healthcare Provider (BLS) Adult, Child and Infant CPR/AED (2022- 2024)
CITI Program (Good Clinical Practice; Human Subjects Protection) (2022-2025)

WORK & LEADERSHIP

Appasani MD PC July 2021 - Present
Founder & President

- Established independent S-Corporation for contract/freelance opportunities inclusive of concierge private clinical practice, speaking engagements, consulting, and advisory roles
- Staff Psychiatrist at BrooklynMinds covering patients in NY & CA (2021-2022)
- Contractor for Traditions Behavioral Health covering inpatient, crisis stabilization unit, and consultations in general hospital, emergency room, and satellite hospitals (2021 - present)

The MINDS Foundation July 2010 - Present
Founder & CEO

- Launched a global mental health non-profit with programs in India & the USA
- Effectively recruited & manage a board of directors & advisors, legal counsel, and management
- Raised over \$2M through fundraisers, internal revenue models, foundations, corporates & grants
- Developed partnerships with universities, NPOs, corporations, organizations to effectively deliver grassroots services for over 6.5 million beneficiaries

- Top 40 Dell Social Innovation Challenge 2012, Semi-Finalist MassChallenge 2012, EchoingGreen 2014, Top Mental Health Organization by Vogue India & Huffington Post

PYM Health

August 2020 - Present

Chief Medical Officer (09/2021 - Present); Medical Board Member (08/2020 - Present)

- 1st Medical Board Member at founding of company by Zak Williams (son of Robin Williams)
- Formulated mental health supplements grounded in natural amino acids for daily life
- Develop, implement, and interpret clinical trials on product line while working closely with marketing team for appropriate claims, content production, and messaging
- Manage robust team of consultants, advisors, and contractors

Advisor Positions

Present

- MUD\Wtr, Osmind, Outro Health, Crain App, Peace Inside Live, PYM Health, #HalfTheStory

LAC+USC Medical Center Committee Memberships

July 2018 - June 2022

Graduate Medical Education Wellness Representative (July 2018 - June 2022)

- Met with GME Director & representatives from across residencies to develop initiatives for physician wellness

Outpatient Telepsychiatry Workshop (August 2020 - March 2021)

- Implemented novel telemedicine service in LAC+USC adult outpatient psychiatry clinic
- Engaged in weekly meetings with clinic administration and attending physicians about workflow, technical limitations, and schedule creating for workforce.
- Constructed dynamic work-from-home protocols and schedule for staff to be used during COVID-19 pandemic to minimize provider and patient exposure

Grand Rounds Committee, Department of Psychiatry (March 2020 - June 2022)

- One of two residents on committee meeting monthly to create strategic plan around departmental grand round didactics.
- Curated annual schedule, speakers, and increased engagement across the department

Education Policy Committee, Psychiatry (June 2021 - June 2022)

- Engage in monthly meetings with program/fellowship directors and other administrative personnel to discuss state of the residency program.
- Gather and provide feedback from residency cohort in regards to educational requirements and current service rotations.
- Participate in annual evaluation of residency program, reviewing data gathered from current residents/staff and helping formulate programmatic and curricular changes

ARCH, UMASS Medical Center

May 2017- June 2018

Founder

- Designed an initiative, ARCH (Advancing Resiliency & Compassion in Healthcare) to increase conversation around patient loss, death, and obstacles in care across the entire UMass Memorial Medical Center
- Developed tools for resilience and coping to enhance the patient experience, healthcare providers' workflow, and decrease burnout

PREP Elective, UMASS Medical School

May 2017 - June 2018

Co-Leader

- Worked closely with other co-leaders and Dr. Dave Hatem to lead PREP: Promoting Resilient & Empathic Physicians, an elective for medical students in their clinical years.
- Delivered a course focused on coping strategies using principles of mindfulness, stress-reduction, performance enhancement, and development of personal practice

Health Economics Group, UMASS Medical School

September 2016 - June 2018

Founder & Co-chair

- Worked closely with Jeffrey Muldoon (President) and Dr. Jeffrey Smith (COO) of UMass Memorial Medical Center to curate an elective focused on bringing health economics education to the medical student body

- Brought together healthcare industry leaders from pharma, biotech, private equity, hospital leadership, and venture capital to expose medical students to the macro-level functioning of healthcare

Student Body Committee, UMASS Medical School

September 2014 - June 2018

Class of 2018 Representative (2014-18), Treasurer (2015-16)

- Elected by Class of 2018 medical school class to serve along with 4 other students as a representative
- Work closely with various faculty, administrators, and researchers to voice student concern and advance medical education by serving on the Longitudinal Curriculum Committee and Capstone Committee
- Serve as the treasurer to maintain a portfolio of \$30,000 for various student group activities and events across campus including a faculty appreciation dinner, COMECC Auction, Match Day, and Commencement
- Selected to join the *Patient Experience Initiative* as the only medical student at UMASS Medical (2017)

Plastic & Reconstructive Surgery Group, UMASS Medical School

May 2015 - October 2016

Founder & Chair

- Launched student group focused on Plastic & Reconstructive Surgery with Dr. Janice Lalikos
- Developing a monthly journal club series, speaker series, panels with residents, suture/knot tying skills sessions, mentorship activities, research opportunities, and social events for medical students interested

Patricelli Center for Social Entrepreneurship, Middletown, CT

September 2011- Present

Student Advisory Committee Founder; Alumni Advisor

- Started a student advisory committee to work with administrative members of the new Patricelli Center
- Implemented initiatives to raise awareness in the University community about social entrepreneurship
- Involved in search committee for Director of the Allbritton Center for the Study of Public Life
- Mentor current students on social enterprise and non-profit ideas

StartingBloc Fellowship

September 2013 - June 2014

Boston Chapter Board Member

- Operate as a Board Member to organize and expand upon the social entrepreneurship sector in Boston
- Organized multiple workshops and lectures bringing together thought-leaders and social entrepreneurs

Appasani Research Conferences & Educational Institute

January 2009 - Present

Board Member

- Encourage collaborations between academia & industry in the biomedical sciences
- Raised funds for 30+ scholars from around the world to attend focused scientific conferences
- Organized 4 global scientific conferences in Boston, New York City, Oxford (UK), and Italy

Wesleyan University Academic Honor Board, Middletown, CT

September 2010 - May 2012

Co-Chair (2011-12), Junior member (2010-11)

- Updated an out-of-date University-wide honor code and violation process & developed an educational module for incoming students about the honor code
- Worked with Dean of Student Affairs, Provost, and Faculty chair to bring awareness to academic violations and the code on-campus.
- Worked with 3 other members to provide fair hearings for students being brought to the board

GeneExpression Systems Inc., Waltham, MA

April 2002 - June 2014

Business Development

- Developed media and sponsorship packages for corporations to support conferences
 - Established relationships with 50+ pharmaceutical/biotech companies and media outlets
 - Maintained upkeep of IT department, internal networking, web and mail servers
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RESEARCH EXPERIENCE

University of California San Francisco

March 2022 - Present

The Translational Psychedelic Research Program

- Clinical Psychiatrist assisting in the development and execution of clinical trials focused on psilocybin inclusive of the development of manuals, IRB proposals, grants, and other funding proposals
- Currently investigating the use of psilocybin in methamphetamine use disorder (PUMA trial)

University of Southern California

March 2021 - Present

The Translational Research in Eating Disorders Laboratory

- Conducting a study aimed to assess baseline prevalence of eating disorders in India and USA
- Exploring current research and clinical implications for use of psychedelics in treating eating disorders
- Examining the relationship of COVID-19 pandemic and Eating Disorder Recovery

Resident Psychiatrist Researcher @ Center for Mindfulness Science, Brain and Creativity Institute Jan 2019 - June 2022

- Received The Della Martin Foundation Resident Research Fund for ‘Assessing the role of anterior cingulate theta generation as a mechanism for mindfulness-related antidepressant efficacy’
- Exploring alternative therapeutics for mental illness at the intersection of psychedelics and mindfulness

World Health Organization, Geneva, Switzerland

August 2017 - November 2017

- Worked directly with Director of Mental Health, Dr. Shekar Saxena to assess the effectiveness of civil WHO’s civil society partners ability to implement the WHO Mental Health Action Plan
- Assisted in the evaluation of the impact of World Mental Health Day Annual Conference

University of Massachusetts Medical School, Worcester, MA

March 2015 - December 2016

Medical Research Student, Division of Plastic Surgery (Department of Surgery)

- Participation in morning rounds, diverse array of clinics, conferences, seminars, assisting in surgeries
- Published a literature review on fat grafting techniques in animal models
- Collaborated with Dr. Silvia Corvera’s lab to develop a method using adipose stem cells to improve wound healing

Mount Sinai School of Medicine, New York, NY

Summer 2010 & Summer 2011

Researcher, Summer Undergraduate Research Program (SURP)

Selected to participate in a highly competitive program (3% admittance rate) in the lab of Dr. Eric Nestler

- Concentrated on a project addressing how various classes of drugs affect dopamine neuron morphology in the ventral tegmental area of the reward circuit
- Focused on targeting novel molecules involved in depression using chronic social defeat stress, gene-mediated therapy, and behavioral and biochemical assays in rodents

Wesleyan University, Middletown, CT

September 2008 - May 2010

Student Researcher, Dr. Janice Naegele Lab, Howard Hughes Medical Institute

- Used the technique of *in utero* electroporation in mice to examine the effects of manipulations in DNA repair pathways and roles of potential neuro-protective molecules
- Trained 3 other students in the methodological techniques used in the laboratory

Harvard Medical School, Boston, MA

September 2006 - May 2008

Student Researcher, Dr. Laurie Jackson-Grusby Lab, Children’s Hospital Boston

- Concentrated on a project using RNA interference technology to determine the biological function of CD133 and suppress tumor growth
- Trained 2 other students in the methodological techniques used in the laboratory
- Selected as Intel Science Talent Search Semifinalist (2008), Genzyme Science Awardee (2007), and *Sanofi-Aventis* International BioGENEius Challenge Finalist for research project

Columbia University, New York, NY

June 2006 – September 2006

Student Researcher, Dr. Eric Kandel & Dr. Jingyue Ju Labs, College of Physicians & Surgeons

- Analyzed *Aplysia* at a molecular level by sequencing specific microRNAs and cDNA libraries

Harvard Medical School, Boston, MA

August 2005

Research Assistant in Laboratory of Dr. Michael Greenberg, Children's Hospital Boston

- Focused on isolating microRNAs from the rat mammalian brain with the goal of localizing them to specific regions of the brain

HONORS

- Southern California Psychiatric Society PER Excellence in Psychiatric Education Award 2022
- LAC+USC Medical Center, Resident Research Award 2022
- American Academy of Addiction Medicine 2022 – Present
- Academy of Integrative Health & Medicine 2021 – Present
- World Economic Forum Global Shapers (Los Angeles Hub) 2019 – Present
- Southern California Psychiatric Society 2018 – Present
- Leonard Tow Humanism in Medicine Award, Arnold P. Gold Foundation GHHS Society 2018
- Arnold P. Gold Foundation Gold Humanism Honor Society 2017 – Present
- Wesleyan University GOLD Alumni Service Award May 2017
- American Academy of Addiction Psychiatry Resident Travel Award 2019
- Ambassador & Delegate Speaker, One Young World 2016 – Present
- International Federation for Adipose Therapeutics & Science, Member 2015 – Present
- American Academy of Addiction Psychiatry, Member 2019 – Present
- American College of Surgeons, Student Member 2015 – 2018
- American Psychiatric Association, Member 2014 – Present
- Massachusetts Medical Society & Global Health Committee 2014 – 2018
- United Nations Nexus Global Youth Summit, Delegate and Organizer of Nexus-India 2014 – Present
- Kellogg Innovation Network, Northwestern University, Delegate 2014 – Present
- WorldBoston 2030 Young Professionals 2013 – Present
- Boston Young Healthcare Professionals, Member 2013 – Present
- The New York Academy of Sciences, Member 2011 – Present
- StartingBloc Fellow & Admissions Committee Member 2011 – Present
- Sigma Xi: The Scientific Research Society, Associate Member 2009 – Present
- Society for Neuroscience, Member 2009 – Present
- Howard Hughes Medical Institute, Fellow 2009 – May 2010

PUBLICATIONS

**Speaking Engagements & Articles Upon Request*

BOOKS

- **Appasani RK**, Appasani K. (eds.) (2023). *Microbiome Science: Epithelial Biology to Infection, Immunity and Disease Biology*. (CRC Press)
- **Appasani RK**, Appasani K. (eds.) (2023). *Ecological and Environmental Health Impacts: Air Pollution, Hygiene, and Climate*. (Taylor & Francis Group)
- **Appasani RK**, Appasani K (eds.) (May 2022). *Single-Molecule Science: From Super-Resolution Microscopy to DNA Mapping and Diagnostics*. (Cambridge University Press)
- Appasani K., **Appasani RK** (eds.) (2017). "Introduction to Optogenetics: From Neuronal Function to Mapping and Disease Biology," *Optogenetics: From Neuronal Functioning to Mapping & Disease Biology*. (Cambridge University Press)
- Appasani K., **Appasani RK** (eds.) (2016). "Introduction to genome-wide association studies and personalized medicine," *Genome-Wide Association Studies: From Polymorphism to Personalized Medicine*. (Cambridge University Press)

- **Appasani RK** (2012). "Introduction to Epigenomics." *Epigenomics: From Chromatin Biology to Therapeutics*. (Cambridge University Press)
- Appasani K., **Appasani RK** (eds.) (2010). *Stem Cells & Regenerative Medicine: From Molecular Embryology to Tissue Engineering*. Springer Science (Humana)

PEER-REVIEWED PAPERS

- Lodha P., Jahangir T., Karia S., DeSousa A., **Appasani R.**, Withers M. Perceptions of perinatal depression among low-income mothers and families in Mumbai, India. *Asian Journal of Psychiatry* (71) May 2022.
- Van Noppen B, Sassano-Higgins S, **Appasani R**, Sapp F. Cognitive-Behavioral Therapy for Obsessive-Compulsive Disorder: 2021 Update. *Focus (Am Psychiatr Publ)*. 2021 Oct;19(4):430-443. doi: 10.1176/appi.focus.20210015. 2021 Nov 5.
- Shah, S. H., Byer, L. E., **Appasani, R. K.**, & Aggarwal, N. K. (Nov 2020). Impact of a community-based mental health awareness program on changing attitudes of the general population toward mental health in Gujarat, India - A study of 711 respondents. *Industrial psychiatry journal*, 29(1), 97-104.
- Shah Q, Dave P, Joshi A, Kataria L, **Appasani RK**, Katz CL. Knowledge of and Attitudes towards Mental Illness among ASHA and Anganwadi Workers in the villages of Vadodara District, Gujarat State, India. *Psychiatric Quarterly* 90(2):303-309. June 2019
- **Appasani R**, Shesler L, Anderson K, Cholli P. Addressing burnout and fostering resilience at UMass: two initiatives. *Worcester Medicine*, 2017 Aug/Sept.
- Lujan-Hernandez J, **Appasani R**, Sullivan K, Siegel-Reamer LS, Lalikos JF. Experimental In-vivo Models Used in Fat Grafting Research for Volume Augmentation in Soft Tissue Reconstruction. *Archives of Plastic Surgery*, 44(5):361-369. September 15 2017.
- Ziedonis D, Larkin C, **Appasani R**. Dignity in mental health practice & research: Time to unite on innovation, outreach & education. *Indian Journal of Medical Research*, 144(4):491-495. October 2016
- **Appasani RK**. An international perspective of a looming disease. *Worcester Medicine*, 79:5: 16-17. 2015 Sept/Oct.
- Mindlis I, Schuetz-Mueller J, Shah S, Appasani R, Coleman A, Katz CL. Impact of community interventions on the social representation of depression in rural Gujarat. *Psychiatric Quarterly*, 86(3):419-33, 2015 September.
- Liu MC, Tirth S, **Appasani R**, Shah S, Kraig CL. Knowledge and Attitudes Toward Depression Among Community Members in Rural Gujarat, India. *The Journal of Nervous and Mental Disease*, 202(11):813-21, November 2014.
- Almanzar S, Shah N, Vithalani S, Shah S, Squires J, **Appasani RK**, Katz CL. Knowledge of and Attitudes Toward Clinical Depression Among Health Providers in Gujarat, India. *Annals of Global Health*;80(2):89-95 March-April 2014.
- Mazei-Robison M, **Appasani R**, Edwards S, Wee S, Taylor SR, Picciotto MR, Koob GF, Nestler EJ. Self-administration of ethanol, cocaine, or nicotine does not decrease the soma size of ventral tegmental area dopamine neurons. *PLoS One*, 2014 April 22.
- Mazei-Robison M, Koo JW, Friedman AK, Lansink CS, Robison AJ, Vinish M, Krishnan V, Kim S, Siuta MA, Galli A, Niswender KD, **Appasani R**, Horvath MC, Neve RL, Worley PF, Snyder SH, Hurd YL, Cheer JF, Han MH, Russo SJ, Nestler EJ. Role for mTOR signaling and neuronal activity in morphine-induced adaptations in ventral tegmental area dopamine neurons. *Neuron*. 2011 Dec 22; 72: 977-990
- **Appasani RK**. Aiding in the evolution of translational medicine: "Bridging Academia and Industry" in the field of neuroscience. *Frontiers in Neuroscience* 4:56, pii: 56; 2010 Aug 23.

POSTERS

- **Appasani RK**. What to expect when you're expecting: Perceptions of postpartum depression among low-income mothers and families in Mumbai, India. *American Psychiatric Association Annual Conference* 2022.
- Cahn B.R, **Appasani RK**. Enhanced fronto-midline theta (fmTheta) power after mindfulness training in major depressive disorder patients correlates with improvements in mindfulness, depression, and perceived stress. *Society for Biological Psychiatry* 2022.
- **Appasani RK**, Thakkar A, Gupta A, Lodha P., Essien E. Social Media Fatigue During the Lockdown Phase of the COVID-19 Pandemic. *University of Southern California Psychiatry Research Symposium*, June 2021.

- **Appasani RK**, Larkin C, Parmar K, Joshi A, Fan X, Ziedonis D. The PRANA Study: A Formative Evaluation For Suicide Prevention Efforts in Gujarat, India. *Senior Scholars Program—UMASS Medical School*, April 2018.
- **Appasani RK**, Green J, Hirsh M. There are No Accidents: A Holistic Approach to Injury Prevention. *Injury Free Coalition Kids Conference*, December 2016.
- Perry D, Lujan-Hernandez JR, Chin M, Min SY, Chappell A, Rojas-Rodriguez R, **Appasani R**, Teebagy P, Corvera S, Lalikos JF. Lipoaspirate and Adipose Stem Cells as Potential Therapeutics for Chronic Scars. *UMASS Center for Clinical and Translational Science Research Retreat—UMASS Medical School*, May 20, 2016.
- **Appasani RK**, Durgin J, Piazza J, Rogich J, Slamin R, Yang R, Borer E, Hirsh M. There are No Accidents: Preventing Youth Gun Violence. *Population Health Clerkship—UMASS Medical School*, November 2015.
- **Appasani RK**. mh²: Mobile Health for Mental Health. *Global Health Scholars—UMASS Medical School*, August 2015.
- Perry D, Lujan-Hernandez JR, Chappell A, Min SY, **Appasani R**, Rojas-Rodriguez R, Corvera S, Lalikos JF. Adipose Tissue Therapeutics for Scar Rehabilitation after Thermal Injury. *Senior Scholars Program—UMASS Medical School*, April 29, 2015.
- Mazei-Robison MS, **Appasani R**, Dias C, Neve R, Nestler EJ. Role of Glycogen Synthase Kinase-3beta and Beta-Catenin in the Ventral Tegmental Area in Stress and Anxiety Behaviors. *Neuropsychopharmacology* December 2012 38, S79-179. Hollywood, FL.
- **Appasani RK**, Mazei-Robison MS, Nestler EJ. Novel Targets for Anti-Depressants. *Mount Sinai School of Medicine Summer Undergraduate Research Program*, August 2011.
- **Appasani RK**, Mazei-Robison MS, Nestler EJ. Your Brain on Drugs: Neuronal Adaptations Within The Reward Pathway Due To Chronic Drug Use. *Mount Sinai School of Medicine Summer Undergraduate Research Program*, August 2010.
- **Appasani RK**, Kurtz M. The Impact of a Social Skills Training Program on Patients with Schizophrenia. *Wesleyan University Department of Psychology Poster Session*, May 2011.
- **Appasani RK**, Naegele JR. Rescue of Forebrain Cortical Neurons By *In Utero* Electroporation During Embryonic Development. *Howard Hughes Medical Institute, Wesleyan University*, August 2009.
- **Appasani RK**. Targeting Brain Tumor Stem Cells By Silencing Stem Cell Marker Gene CD133. *BIO: Biotechnology Industry Organization Conference*, San Diego, CA, May 2008.

SERVICE

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|---|----------------------------|
| • Of Substance, Board of Directors | October 2022 - Present |
| • #HalfTheStory, Medical Advisor | November 2021 - Present |
| • John W. Brick Mental Health Foundation, Program Advisor | May 2022 - Present |
| • John E Martin Mental Healthcare Challenge (UC Berkeley Haas), Judge | September 2021 - Present |
| • We The Future, Curator & Head of Health/Wellbeing | September 2020 - Present |
| • #FTheVirus, Founding Team Member | March 2020 - December 2021 |
| • Khawalung Tashi Choeling Monastery (Nepal), Physician | September 2018 |
| • Wesleyan University Alumni Representative & Reunion Committee | June 2012 - Present |
| • SpaceMVMNT, Ambassador | September 2020 - Present |
| • World Economic Forum, Global Shapers (LA Hub) | December 2019 - Present |
| • Vista Del Mar, Leadership Board Fellow | August 2019 - Present |
| • Aceing for Autism Volunteer | September 2016 - June 2018 |
| • TEEN R.I.D.E Program, Injury Prevention & Worcester District Court | October 2015 - June 2018 |
| • Goods for Guns Buyback Program | December 2015 |
| • Observer, Dept. of Neurosurgery, Children's Hospital Boston | December 2012-March 2013 |
| • Global Impact Fellow, Unite for Sight, AB Eye Institute (Patna, Bihar, India) | January 2011 |

Languages: Conversational Proficiency in Telugu, Elementary Hindi

Technical Skills: Proficient with SPSS, Adobe Creative Suite, Canva, Figma, Microsoft Office, Volocity 3D Image Analysis Software, DeDoose Qualitative Analysis, Squarespace, Wordpress, MailChimp, Slack, Notion, Zoho

Interests: Yoga, Meditation, Hiking, Culinary experiences, Cooking, Creative writing, Film